



annapolis

recreation & parks

Healthy Living Starts Here.

June 2010 Newsletter

The pool is open! Time to get a season pool pass, sign up for swim lessons, water aerobics, splash camps and more! Don't forget your summer fitness classes too!

Truxtun Park Municipal Swim Center

Open weekends only until June 12th

Truxtun Park Pool Daily Admission

| | |
|------------------------------------|------------------------|
| Under 3 | Free with paying adult |
| Youth (3 - 17 yrs) & Seniors (62+) | \$3 |
| 18 - 61 yrs | \$4 |

General Pool Schedule and Hours

| | |
|------------------------|--------------|
| Weekends and Holidays: | 11 am - 5 pm |
| Mon/Wed/Fri: | 12:30 - 6 pm |
| Tues/Thur: | 12:30 - 5 pm |

The pool is open for lap swimmers only:

| | |
|--------------|------------------|
| Mon/Wed/Fri: | 11 am - 12:30 pm |
| Tues/Thur: | 12 - 12:30 pm |

Summer Pool Pass *Must purchase at PMRC*

| | |
|---------------------------------------|--------------------|
| Youth (under 17) & Senior Adult (62+) | R \$49 / NR \$61 |
| Adult | R \$59 / NR \$74 |
| Family* | R \$149 / NR \$186 |

*Family Pool Passes are good for a family of 4 people. Additional members are \$20 each.

Please Note:

June 19th

Pool will open at 1 pm due to a home swim team meet.



Truxtun Park Day Camp (Age 6 - 11)

Kids will have a blast this summer with daily swimming, sports, Ballocity™, Rock Wall, contests, field trips including Six Flags, bowling, roller skating, and mini golf! Come early or stay late with our extended day program.

Held at "Pip" Moyer Recreation Center

8:30 am - 4:30 pm

R \$210 / NR \$242 *See membership discounts

Two week sessions beginning June 21st!

We offer extended hours!

7 - 8:30 am and 4:30 - 5:30 pm

2 week session: \$34 for AM & \$32 for PM

Sign up for Swim Lessons!

Beginner 1 Age 4+ Learn basic water adjustment skills including submerging head, blowing bubbles, supported front and back float, rolling from back to front, jumping into and climbing out of the pool.

Beginner 2 Age 4+ For those who are comfortable in the water and underwater. Children will progress with swimming skills including independent front and back float, front glide and kick, introduction to freestyle, backstroke, underwater swimming and treading water.

Advanced Beginner Age 4+ Improve on basic skills & increase endurance. Skills include freestyle with side breathing, backstroke, kneeling & standing dives, & introduction to breaststroke and/or butterfly strokes.

Intermediate Age 7+ Children will begin bilateral breathing for freestyle, gain skill and endurance for all strokes (freestyle, backstroke, breaststroke and butterfly) and introduced to competitive shallow dives.

City of Annapolis Residents \$48 / Non-Residents \$60

Morning Swim Lessons: Monday - Thursday, 30 minute lessons; 2 week sessions. Fridays are make-up days in the case of inclement weather.

| | | | | |
|------------------------------------|----------------|------------------|----------------|---------------------|
| Session 1 Jun 21 - Jul 1 | 8:30 am | #3667 Beginner 1 | 9:10 am | #3668 Beginner 1 |
| | | #3696 Beginner 1 | | #3676 Beginner 2 |
| | | #3673 Beginner 2 | | #3699 Adv. Beginner |
| Session 2 Jul 5 - 15 | 8:30 am | #3672 Beginner 1 | 9:10 am | #3669 Beginner 1 |
| | | #3674 Beginner 2 | | #3698 Beginner 2 |
| | | #3697 Beginner 2 | | #3665 Adv. Beginner |
| Session 3 Jul 19 - 29 | | | 9:10 am | #3670 Beginner 1 |
| | | | | #3677 Beginner 2 |
| | | | | #3666 Adv. Beginner |
| | | | | #3690 Intermediate |

Evening Swim Lessons: Tuesday / Thursday, 30 minute lessons; 4 weeks.

| | | |
|-------------------------------------|--------------------|---------------------|
| Session 1 Jun 22 - Jul 15 | 5:30 - 6 pm | #3671 Beginner 1 |
| | | #3678 Beginner 2 |
| | | |
| Session 2 Jul 27 - Aug 19 | 5:30 - 6 pm | #3679 Beginner 2 |
| | | #3700 Adv. Beginner |
| | | |



Mark Your Calendar:

Noodle Night June 27th

5:30 - 7:30 pm

Enjoy an evening of chilling at the pool. Bring a noodle and a picnic dinner and treat yourself to a relaxing night. Regular daily admission or pool pass required. Rain date July 11.

Check out our Aquatics Programs online or in our Summer Guide!





Register for our summer fitness classes held at "Pip" Moyer Recreation Center.

Stay in Shape this Summer! Specialized Fitness Classes include:

- Adult Sport Conditioning, 6:30 pm - June 14
- Group Cycling: 101, 9 am - June 17
- Spin & Sculpt, 5:30 pm - June 16
- Step & Sculpt, 9:45 am - June 18
- Tai Chi, 7 am - June 15
- Total Body Cycling, 9:30 am - June 16
- Yoga - Baby & Me, 9 am - June 18
- Yoga - Prenatal, 6:30 pm - June 17
- Yoga - Therapeutic, 6:30 pm - June 15

Dance your summer away!

Dance Instruction *Age 2 - 8*

Various dance lessons for preschool through school age children. Instructor: Cheryl Mauck - 4 weeks

Begins the week of July 6

R \$48 / NR \$60

- Ballet, Tap and Tumbling (BTT)
- Ballet, Tap and Jazz (BTJ)
- Rhythm, Dance and Singing (RDS) Caregiver/Parent must be present.



Tuesday

| | | | |
|-------|------------------|-----|-----------|
| #3714 | 9:15 - 10 am | BTJ | Age 5 - 8 |
| #3711 | 10 - 10:45 am | BTT | Age 4 - 6 |
| #3708 | 10:45 - 11:30 pm | BTT | Age 3 - 5 |

Wednesday

| | | | |
|-------|------------------|-----|-----------|
| #3716 | 9:15 - 10 am | RDS | Age 2 - 3 |
| #3710 | 10 - 10:45 am | BTT | Age 3 - 4 |
| #3712 | 10:45 - 11:30 am | BTT | Age 4 - 6 |

Thursday

| | | | |
|-------|------------------|-----|-----------|
| #3709 | 9:15 - 10 am | BTT | Age 3 - 4 |
| #3713 | 10 - 10:45 am | BTT | Age 4 - 6 |
| #3715 | 10:45 - 11:30 am | BTJ | Age 5 - 8 |

Introduction to Classical Ballet *Age 6 - 10*

Young students will practice Classic Ballet Vaganova Technique, improve flexibility, body alignment, and coordination. No dance experience is required. Instructor: Maggie Roberson - 8 weeks

R \$96 / NR \$120

| | | |
|--------------------------|------------------|--------------|
| Saturdays, June 5 | 9 - 10 am | #3718 |
| Mondays, June 14 | 6 - 7 pm | #3717 |

Splash Camps! A new day camp program guaranteed to keep your kids cool this summer! Join new members of the ARPD staff as they share their skills each morning then stay for the afternoon for fun & excitement at the Truxtun Park Pool.

Camp is held Monday-Friday, rain or shine.

All camps are 9:00 am until 4:00 pm.

9 am - 12:30 pm Daily activity (see listing by week)

12:30 pm - 1 pm Lunch, travel to pool, rest period

1 pm - 4 pm Swim at Truxtun Park pool

| DATE: | CODE: | PROGRAM: | AGE: |
|-----------------------|--------------|-----------------------------|-------------|
| Jun 14-18 | #3555 | Dance Mix & Splash | 6 - 10 |
| | #3556 | Irish Dance & Splash | 6 - 10 |
| | #3557 | Shoot & Splash (basketball) | 6 - 10 |
| Jun 21 - 25 | #3558 | UK Soccer & Splash | 6 - 10 |
| | #3755 | Boating & Splash | 6 - 10 |
| Jun 28 - Jul 2 | #3559 | Ballet, Tap, Jazz & Splash | 6 - 10 |
| | #3560 | Girls Volleyball & Splash | 6 - 10 |
| | #3561 | Stixs & Splash (lacrosse) | 6 - 10 |
| Jul 6 - 9 | #3562 | Skate & Splash (skateboard) | 6 - 10 |
| | | | |
| Jul 12 - 16 | #3565 | Smash & Splash (tennis) | 6 - 10 |
| | #3566 | Dance Mix & Splash | 11 - 15 |
| Jul 19 - 23 | #3569 | Skate & Splash (skateboard) | 6 - 10 |
| | | | |
| Jul 26 - 30 | #3570 | Stix & Splash (lacrosse) | 6 - 10 |
| | #3571 | Fun, Fit & Splash | 11 - 15 |
| Aug 2 - 6 | #3572 | Fitness & Splash | 6 - 10 |
| | #3573 | Girls Volleyball & Splash | 11 - 14 |
| Aug 9 - 13 | #3574 | Irish Dance & Splash | 6 - 10 |
| | #3600 | Dance Mix & Splash | 6 - 10 |
| Aug 16 - 20 | #3601 | Shoot & Splash (basketball) | 6 - 10 |



Truxtun
Swim
Youth
Bike
Triathlon
Run
2010

Mark your calendar
& sign up today!
Truxtun Youth Triathlon

June 20, 2010
Ages 7 - 17 compete in a
Swim, Bike & Run event!

For membership information or to register for our programs, please call 410.263.7958, visit www.annapolis.gov/recreation, or stop by the "Pip" Moyer Recreation Center at Truxtun Park!